

Take a Loved One to the Doctor Day

There are important health statistics that affect people right here in Kansas.

Cardiovascular disease remains the leading cause of death, accounting for 38 percent of all deaths in 2001. While cardiovascular disease affected all Kansas population subgroups in 2001, non-Hispanic African Americans experienced the highest death rate.



Nationally, African Americans die an average of more than five and a half years earlier than Whites. African Americans and Hispanics/Latinos have higher prevalence rates of AIDS than other populations. American Indians are almost three times more likely to develop diabetes than Whites. Cancer is the leading cause of death of Asian women. These frightening numbers can be changed if individuals are educated about the importance of getting regular health care and adopting a healthy lifestyle.



These sobering statistics have lead the U.S. Department of Health and Human Services to establish a campaign aimed at educating the African American, Hispanic American/Latino, Asian American/Pacific Islander, American Indian/Alaska Native communities and others about the health gaps among these groups and the general U.S. population. The “Closing the Health Gap” campaign offers tips on how to make lifestyle changes, including seeing a doctor on a regular basis.

A component of “Closing the Health Gap” is ***Take a Loved One to the Doctor Day***, September 21. The Kansas Heart Disease and Stroke Prevention Program will promote this special day, not only in the nationally targeted populations, but to all Kansans. It is important to know the signs and symptoms of all chronic diseases so that Kansans can live a long and prosperous life.

For more information about chronic diseases, visit www.preventionworkskansas.org